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The Observer

Central Washington University

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Welcome to...



Rock climbers challenged to scale the highest mountain

By Miles King
 News Editor

CWU climbing enthusiasts have a new challenge facing them: climb as high as Mount Everest, a tall task considering the mountain's just-over-29,000-foot summit.

The event, hosted by the CWU Recreation Center and officially called the "Vertical Challenge" runs from Jan. 16 to Feb. 16. Teams of up to four members will track and tally their climbs with a goal "to climb as high as Everest," said Melissa Robertson, the coordinator of the climbing and challenge course.

About 10 teams of four will climb during top rope open hours

Sunday through Thursday from noon to 2 p.m. and 6 to 9 p.m.

There are 27 predetermined climbs to earn points, which will be added up to determine the winner at the end of the event. Along with the point system, tickets are awarded to teams upon completion of the climbs. The number of points and tickets awarded are determined by the distance and difficulty of the climbing route. The tickets are used for random prize drawings. The more tickets a team has in the drawing, the more likely they are to win.

- See "Challenge", page 24



Xander Fu/The Observer

Climbers challenged their endurance by going through over 27 different predetermined routes for points.

Despite state law, marijuana still illegal on campus

By Karaline Stamper
 Staff Reporter

Weed may be legal in the state of Washington, but it's still illegal on campus.

CWU, as a federally funded institution, follows federal laws instead of state laws, which means anyone 21 and over can purchase cannabis products, but they can't be used on school grounds.

This includes the residence

halls on campus. According to CWU's move in guide, "Marijuana may not be possessed on any CWU-owned or -controlled property."

Students found using marijuana products on campus can be issued a citation for a marijuana violation.

According to the student code of conduct says, "A 'marijuana violation' includes using, possessing, delivering, selling, or

being under the influence of marijuana or the psychoactive compounds found in marijuana and intended for human consumption, regardless of form."

Over the last four years, about 30 citations have been issued on average per year, according to CWU's 2017 Annual Security and Fire Safety Report.

Marc McPherson, CWU Police Lieutenant, said, "If you are caught with marijuana on campus,

regardless of your age, you're still going to be referred to student success."

Students over 21 won't be arrested for possessing marijuana on campus, but there are consequences.

"If you're over 21 [and] we come into possession of your marijuana in some way, then by department directive, we will not return it," McPherson said.

- See "Cannabis", page 19

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com



CWU saw its fair share of head-spinning headliners last year, from Nick Offerman to Marc E. Bassy. Stay tuned this year for more exciting acts!



Observation Deck

Alexa Murdock
Orientation Editor

On the outside, Ellensburg might not seem like much. We have a rodeo... and that's about it for our big attractions. We don't have a Starbucks with a drive-thru on campus, we don't have a Walmart in town, we don't have an IMAX movie theater. But what we do have is passionate people. I've only been here at CWU for two years, but it has been a wild ride. When I moved to town fall of 2016, I had no idea just how many students, professors, and community members I would meet, and I'm so grateful I had the chance to meet each and every one of them.

I've taken classes in a quite a few departments here, and I've met amazing people in each one. If you're an incoming student, take my word that whatever your major may be, whether it's mathematics or graphic design, you're going to meet some amazing and strong-willed people here at CWU.

CWU has given me so many opportunities in the two short years I've been here. In March, I had the chance to go to the ACP journalism conference in Long Beach, California. I've worked my way up from a student staff to a paid position at The Observer. After working on the paper for a year, I've gotten the chance to lead this year's edition of the orientation issue.

When I'm not working on The Observer or in class, I've made it a priority to explore everything the small town of Ellensburg has to offer. Businesses here may not stay open late, but we have some killer locally-owned restaurants. Winegars and D&M are Ellensburg's go-to for coffee. If you ever find yourself at D&M and are craving something sweet, be sure to order one of their candy bar inspired drinks-- the Snickers is my personal favorite.

Here are some of my recommendations of places to go to in the Burg:

- The Boss Brazilian Barbecue for a light but tasty meal
- Winegars for their unique ice cream flavors
- Whipsaw Brewery for the delicious beer and awesome decor. If you're under 21, The Red Pickle is a guatemalan food truck outside the brewery
- Tacos Chalito food truck for quick Mexican food
- Central City Comics for their assortment of board games and pug

If you're into fashion, outdoor activities, comics, or antiques, take a stroll downtown and you'll be sure to find a store that's right up your alley. Don't be afraid to talk to the staff and owners, because you'd be amazed at the information they know and the stories they have.

If you're a new Wildcat, don't be afraid to take a risk and follow your dreams, both academically and personally. Whether you're from a big city or a small town, Ellensburg has something to offer everyone. Inside this paper is a roundup of businesses that give student discounts, information about clubs and academic communities, and a spotlight on local hotspots like People's Pond.

If you're a returning Wildcat, I hope reading this paper encourages you to go out and explore. I'll be here next year, and I can't wait to see all the opportunities this campus and town has in the future for us.

We'll see you in the fall, Wildcats!

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Quote of the Issue

“This is the launching pad and the sky is the limit. The sky isn't even the limit! We have alumni who are astronauts, for God's sake! You're here—whatever you want to do, let's do it. Let's make it happen.”

-Andre Dickerson, Director of the Center for Leadership and Community Engagement

Editorial policy: The Observer is a public forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is two-fold; to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, dependable information to the campus and community; to provide a public forum for the free debate of issues, ideas and problems facing the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and communicate information that is vital to the decision making of the community at large. It provides a forum for students to learn the ethics, values, and skills needed to succeed in their chosen career. If you have questions call (509) 963-1073 or e-mail us at cwuobserver@gmail.com

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Welcome to the 'Burg, Wildcats!

Usher in the new school year with Wildcat Welcome Weekend

By Karaline Stamper
Staff Reporter

From Sept. 14 to 18, new Wildcats will make CWU their home.

Move-in day

The annual Wildcat Welcome Weekend kicks off with a residence hall move-in day and free meals for students and their families, as well as a university welcome and a keynote speech from President James Gaudino.

Then it's time for students to say goodbye to their families and start living the university life.

Empowerment Series

After moving in, the following four days will be dedicated to new students attend-

ing the Empowerment Series, a collection of classes and workshops designed to put them on the path to personal and academic success.

safety to college culture to diversity and inclusivity.

Wildcat Welcome Weekend is aimed at incoming freshmen, but incoming transfer students are welcome to join any of the activities.

Learning the ropes

Beyond the classes, new students use this weekend to get familiar with their residence halls and the campus. They will even

get to find their classrooms before the quarter begins so they can start off the school year confident and comfortable.

The goal is to make sure each student begins their college career with all the information and tools they'll need

to succeed.

To make that happen, there will be seminars where students can ask questions about financial aid, leadership opportunities, community activities, degree programs and many other topics.

It isn't all business, though. With a paint rave, a colossal game night, a drag show and residence hall mixers, students will find entertainment, new friends and maybe even a hobby or two.

New students will have the opportunity to meet and mingle with their new neighbors, and they will also be able to participate in the Wildcat Cup with lip sync battles and relay races. Each residence hall competes against the others for the cup and year-long bragging rights.

Convocation

The Welcome Weekend wraps up with Convocation, where all new students will be inducted into CWU's academic community. The ceremony will focus on academic excel-

lence, integrity, and achievement, and create a sense of comradery. Students will be required to wear CWU colors: crimson, black and white.

Wildcat Welcome Weekend is about more than just moving in and starting on a collegiate adventure. It's about bringing new Wildcats into the family and turning CWU from a university into a home.

Wildcat Welcome Weekend Dates

When: Sept. 14 - 18

Where: CWU Ellensburg campus

How: Find your move-in time at www.cwu.edu/housing/first-year-move-times



WILDCAT WELCOME WEEKEND

September 14-18, 2018

Wildcat Welcome Weekend (W³) is required for all first year and running start students and is part of the University 101 course.

Learn all about CWU's First Year Experience program, attend education sessions focused on transitioning to college, prepare for fall quarter, meet other Wildcats, move into your residence hall, get your questions answered, and have fun!

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Public Health

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CWU is an EO/AA/Title IX Institution. For accommodation e-mail DS@cwu.edu

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Save some green with local discounts

By Tai Jackson
Staff Reporter

There are numerous places in Ellensburg that students can go and enjoy their time eating and shopping while still being able to save a couple dollars. Places ranging from local department stores to fast food restaurants are giving student discounts to CWU students with proof of CWU ID. The list below names some of the places around the community that students can go and save some money.



Courtesy of Pixabay

Students can save a few dollars here and there by showing CWU ID. Students can expect to save anywhere from 10 to 20 percent at both local and chain businesses.

Jerrold's Book Store

Once every quarter the book store gives 20 percent off to students for Welcome Back Wildcat Night between 9-10 p.m.

Ellensburg Goodwill

A well-known thrift shop chain that has plenty of options for students. Ranging in items from furniture to clothes, Goodwill has it all. Students get 10 percent off on Sunday nights with proof of student ID.

Rodeo City BBQ

Students can get a 10 percent discount off their original meal priced items with proof of student ID.

Winegar's Homemade Ice cream and Coffee

On Mondays students can get hot chocolate for a dollar. On Tuesdays, dollar scoop night begins at 7 p.m. for reward card members and 8 p.m. for everyone. On Thursdays, they give a free pastry with any drink for reward card members and Fridays they sell quarts of ice cream for \$5.

Wing Central

A sports bar, perfect for a college town, has 59 cent wings every Tuesday.

IHOP

Looking to satisfy your sweet tooth with some fluffy pancakes? Students with CWU ID. get 10 percent off their entire order.

Pizza Hut

With ID, students can get 10 percent off of their order.

Jack in the Box

With ID, students can get 15 percent off their order.

Kabob House

Students will receive a 10 percent discount with proof of CWU ID.

Wendy's

10 percent off entire order with student ID.

Carl's Jr.

10 percent off entire order with student ID.

Westside Pizza

Students who order online can get 25 percent off their order.

Perkins

A delicious diner, students can get 10 percent off their entire order.

Utopia Frozen Yogurt and Coffee House

Monday-Friday before 4 p.m. students get 20 percent off frozen yogurt with ID.

Sugar Thai

Students can get 10 percent off of their order with CWU ID.

Copper Kettle

This well-known eatery gives 10 percent off of regular menu items with proof of CWU student ID.

Pre Sale Festival Pass Now \$60

21st

Jazz in the Valley

Artwork by Michael Swofford

Historic Downtown Ellensburg, Washington

2018 • July 27, 28, & 29

JazzInTheValley.com

f i

CATS COSTORE

Convenience with a great selection at the center of campus.

Your student convenience store, located on the west side of the SURC next to Cat Trax West Espresso.

CWU Central Washington University

AA/EEO/Title IX Institution. For accommodation e-mail: DS@cwu.edu • 15650614A-TS

cwu.edu/dining

Where's What?

Popular academic buildings and what they're used for

By Alexa Murdock
Orientation editor

Built in the year 2000, the first floor contains exhibits of living creatures, including a snapping turtle.

Science Building

Shaw-Smyser Hall

Shaw Hall, built in 1929, and Smyser Hall, built in 1925, were combined in 1963 and are now home to the College of Business.

Black Hall opened in 1959 but was renovated and expanded in 1998 and is now home to the education and aviation department offices.

Black Hall

Did you know?

Black houses the Multimodal Education Center, which offers technology from cameras to 3D printers and virtual reality for students to use.

Dean Hall

Originally a science building built in 1968, Dean Hall was remodeled in 2009 and now holds the geography and anthropology department offices. The Museum of Culture and Environment is located on the first floor.

The Music Building is home to CWU's concert hall and the music department offices. Built in 2004, the building was named after Jerilyn S. McIntyre, president of CWU from 2001 to 2008.

McIntyre Music Building

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Don't have a car? No problem.

Ways to get around Ellensburg without a set of wheels

By Tai Jackson
Staff Reporter

Many students choose to bring their cars with them when they come to college, but choosing not to bring a car isn't a bad idea either. There are many ways to get around Ellensburg without having a car or breaking the bank.

Kiana McElroy, a sophomore majoring in biology, explained that not having a car had its difficulties at first when trying to commute places, but she soon learned that there were ways around it.

"When it came to not having a car, I would sometimes be late to class or since I used to work downtown and lived far away I would have to get up really early to get to work. But once I got a bike it made things a lot easier to commute to places," McElroy said.

In town

Riding a bike is a great way to get from place to place, however if you don't want to break a sweat by riding a bike or walking around Ellensburg then there are other options as well.

Central Transit has a fare-free system and now offers four routes to get you where you want to go all over town. It is open to both students and community members. The program is funded by CWU students. A portion of the mandatory fees that students pay at the beginning of the year goes to help fund Central Transit, so it's a great resource to take advantage of.

The red route runs clockwise from W. Helena (north), to Brooklane Village (east), Super 1 Foods (south), and Fred Meyer (west). Service days are Monday- Friday starting at 7 a.m.

The green route is the same as the red route, except the flow of travel is counter-clockwise. It runs from Monday-Sunday with weekday service starting at 7:30 a.m., Saturday services starting at 8:30 a.m., and Sunday service starting at 9:30 a.m.

The orange route heads from the city center towards the West Interchange of I-90, linking residents in West El-



Chase Tibbles/The Observer

A CWU student waits to get on the Central Transit bus, which runs seven days a week.

Ways to get around town

Central Transit: Buses run multiple routes across Ellensburg / Free
Taxis: Anywhere / \$7-\$15 for local rides
Bellaire bus: From Yakima to Seattle / \$25-\$50

lensburg, businesses along Dolarway and W. University Way as well as connecting with the Greyhound bus station. Service is seven days a week starting at 8:10 a.m.

The blue route goes from north and east of the Ellensburg city center. This route travels up Water Street to Bender Road, passes CWU on Alder before heading south on Chestnut, then loops past the Ellensburg School District office, Valley View Elementary and the Ellensburg High School. Service is seven days a week starting at 7:45 a.m.

All buses are wheelchair accessible using the onboard lift and have two full-size single-rider bicycle racks.

Going out of town?

If you're trying to leave for the weekend and want to head back to the westside, but don't have a car, then check out Bellaire Shuttle. Bellaire picks up in Ellensburg at the CWU Starbucks located across the street from campus. They have drop off locations at Sea-Tac airport, Seattle, North Bend, Ellensburg, Cle Elum, Yakima and

many more.

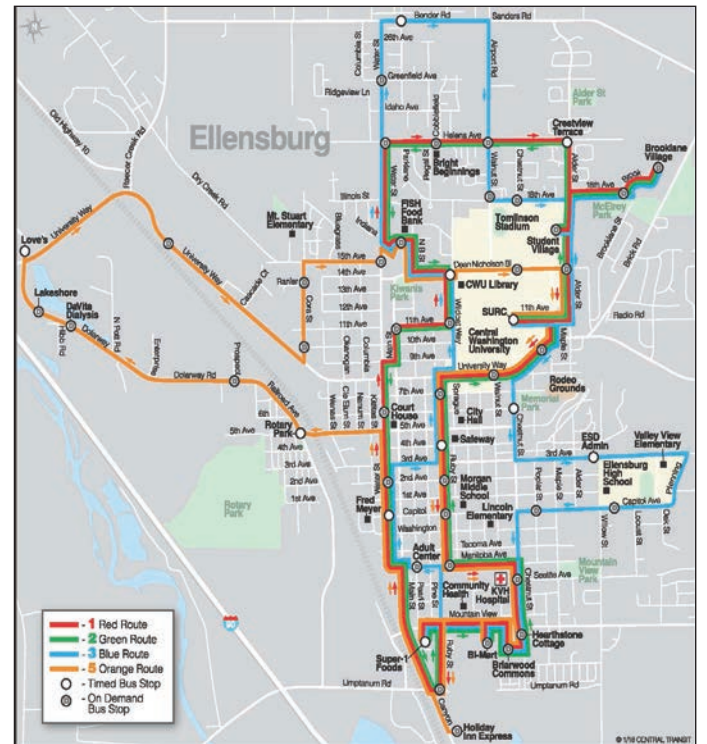
Each rider gets two bags and a carry-on that they can check on board for free. The price for round trip depends on your destination and age. They have prices for adults and youth, but it typically ranges from \$70-\$104 round trip. If you are looking to only do one-way, they range in price as well, but typically they are priced around \$25-\$50 a person.

Reservations are made online at their website, airport.com, and once your reservation is made a confirmation email will be sent. It is important to make reservations 24 hours in advance.

The bus runs all year long and only has delays when the pass is closed. Normally they will send an email or text to your phone to let you know about the delay. Busses run Monday through Sunday at various times depending on starting and ending locations, ranging from 6 a.m. to 9 p.m.

On-demand transportation

Another way to get around Ellensburg is by taxi or Ubers. Once a person downloads the



Courtesy of Central Transit / City of Ellensburg

Central Transit buses run multiple routes all days of the week and is free for riders. Buses begin running as early as 7 a.m. Monday through Friday. The program is funded by fees paid by CWU students at the beginning of each quarter.

Uber app, they can see all the various Uber drivers available in town. The same goes for taxis. Rodeo Town Taxi is open 24 hours, seven days a week. They also do courier, deliveries, lockouts and jump starts.

K.C. Cab is another taxi service. They are not only located in Ellensburg, but serve other places as well such as Chelan County, Douglas County, Grant County, Yakima County, Pierce County, King County, Cle Elum, etc. They are open Sunday through Monday 12 a.m.- 12 p.m. Each taxi, depending on how long it takes to get

to your destination, normally costs around \$7-\$15 if you stay local.

Huimin Wu, an international student from China and ITAM major and senior at CWU, explained that she uses another way to get around Ellensburg.

"Because my bigger cousin has a car, he normally takes me anywhere I want to go. I don't have a problem getting places because my cousin drives me," Wu said. She explained that friends or family is another great way to get around town.

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Comitted commuters at CWU

By Anakaren Garcia
Staff Reporter

School time means driving time for the commuters of CWU. As a commuter myself, I know the struggles one can face during the 40-minute drive, from fighting your sleep to worrying if you're going to have enough gas to get you to school and back home.

I've been driving to CWU from Yakima for a year now. In the time I've been driving to and from school, I've sang my heart out to all my favorite songs, I've worried about whether or not I would have enough gas to last me the trip, and I've even almost fallen asleep at the wheel, as bad as that sounds.

All in all, the trip isn't a bad one. However, I'm going to give you future and current commuters some tips on how to save money and survive the CWU commute.

Saving that sh'money

Driving five days out of the week can be expensive, especially when gas prices increase frequently. So, what do you do? Check out your current financial situation and check out gas prices at different stations.

I spend \$400 a quarter on gas. I know it seems like a lot,

but when you break it up into weeks it's only \$40 a week, which sounds a little more reasonable, right? So, every other week, pull aside \$80 or so, depending on how much gas your car uses, from your paychecks or from your financial aid money and you won't have to worry about not having enough money in your bank account.

Gas prices are never set in stone, and sometimes prices differ depending on the station you're pumping at. I either pump gas from the Am/Pm in Yakima, or the Chevron in Ellensburg before heading home.

Right now in late May, gas prices are in the \$3.30 - \$3.50 range, but they weren't like that at the beginning of spring quarter. But I've noticed that gas prices are lower going to and coming from the highway in Ellensburg than they are anywhere else in town.

Drives, rides & rhymes

Whenever you're driving a distance of 30 or more miles, it can get boring really fast.

Sure, driving for 40 or more minutes is all fun and games at first, but driving the same route everyday is exhausting. So, switch up your driving route every now and then. There are only two routes to CWU from Yakima, but the lesser-known

one is worth taking every now and again. This route is through the Yakima Canyon. This route is known as the Scenic Drive from Yakima to Ellensburg.

Carpooling

Now, in case you're like me and you get tired very easily, carpooling can be your best friend, or rather, the person you're carpooling with can be your best friend. Up until spring quarter I drove alone, and boy was that depressing at times, but now twice a week I carpool with a friend of mine and we talk during the whole drive to school. Carpooling gives you the opportunity to get to know someone you might not know as well, or it helps you get closer to someone you already have known. Whatever the case, carpooling can save you or someone else gas and it can help keep you awake.

Pump up those tunes

But, if you don't like the idea of carpooling-- which is perfectly fine-- the least you can do to help yourself out is by playing some music.

I won't tell you what kind of music to listen to because that's unethical. However, in my past experiences of driving alone I've listened to every-

thing from 90s hip pop/rap to the newest country songs out right now. I listen to a little bit of everything.

But I will say that I refuse to listen to slow and emotional songs while driving, because well they just might work as lullabies for me. So, I always try and listen to the more upbeat songs. You know there's always those songs that make you want to party, THOSE are the type of songs I'm talking about. The more they make you want to party, THE BETTER.

Naps are a Commuter's Best Friend

Nothing is scarier or worse than being a sleepy commuter trying to make it back home after a long day at school and almost falling asleep at the wheel.

Believe me when I say that naps are your best friend, yeah, your music can be on and poppin' but no beat can keep you up if you're extremely tired. I take naps every day school and I have no shame.

My favorite napping place is the boxed single chairs located on the second floor of the SURC. They're really nice and closed off and there's always two together. And if I can't snag a chair, I'll sleep in the backseat of my car. During the winter time I used

The "Scenic Drive" directions

- 1. Merge** onto I-90 W
- 2. Take exit 26** for WA-821 N toward WA-823/Selah
- 3. Turn left** onto WA-821 N, go straight for 25 miles
- 4. Continue straight** onto Canyon Rd for 5.5 miles
- 5. Turn right** onto W University Way
- 6. You know the rest from here and you have arrived at your destination**

to have a blanket in my car and during my long breaks between classes I would just sleep in my car.

One thing is for sure, don't ever be ashamed of taking naps! I'm lucky if I can make it through a day of not napping. I will sleep whenever and where ever I can because even though I only drive for 30-40 minutes, I drive that twice a day and every day during a whole school year. And it can take its toll on your body. So do what you have to do to stay awake.

**WILDCAT FAMILY NETWORK**

Introducing the

WILDCAT FAMILY NETWORK

Becoming a member of this exclusive network will include a multitude of benefits for up to two family members or parents of a CWU undergraduate student.

Membership Benefits Include:

- Two T-shirts
- \$2 off any regular-season Wildcat Athletics tickets
- Discounts on all theatre department shows
- Recreation Center program discounts
- Discounts at more than 150,000 locations through the Alumni Access App
- Discounted admission at CWU alumni events
- 10% off your purchase at the Wildcat Shop (exclusions apply)

Join the Wildcat Family Network today and discover how you and your family can be involved in and connected with the Wildcat community, on and off campus.

To learn more, visit our website at cwu.edu/wildcatfamily or call (509) 963-2160.

CWU is an EEO/AA/Title IX Institution. For accommodation email DS@cwu.edu.

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Are you prepared for move-in day?

A compilation of items often often forgotten on move-in day

By Karaline Stamper
Staff Reporter

Are you drowning in shopping checklists? Not sure how much is too much stuff? Well, the people who know best have curated a condensed

list of shopping do's and don'ts just for new Wildcats! Tricia Rabel, Director of Housing Operations and Marketing, John Magnusson, a residence hall coordinator, and Angelina Valdez, a resident assistant, teamed up to put together a list of things they think will most benefit new students. Magnusson cautions against scents, too, as you're sharing space with another person. Communicating with your roommate about

Move-In Day 2018

For freshmen in dorms:
Sept. 14

For transfer students in dorms: Sept. 17

scents, music, chores, and decorations like lights and projectors is essential to making sure you and your roommate are both happy and feel at home.

What NOT to bring:

- Microwave
- Mini-fridge
- Vacuum
- TV
- Sports balls/bouncy balls (these can be rented from the Recreation Center)
- Full sets of kitchenware
- Futon
- Sticky tack
- Laundry pods (they'll break the washing machines)
- Nothing that heats up (rice cookers, candle warmers)

What you should bring:

The Essentials:

- ☐ Sheets: twin size, extra-long—and bring multiple sets!
- ☐ A handheld or lanyard wallet (can be found in the Wildcat Shop)
- ☐ Some sort of portable or fold-up chair
- ☐ Posters and pictures from home
- ☐ Bug spray and sunscreen
- ☐ Towels (sheet size is recommended)
- ☐ A picnic blanket or beach towel
- ☐ A good shower caddy (one with holes in the bottom so water can drain)
- ☐ Shower shoes
- ☐ Stuff to wash dishes with (dish soap, scrub brush/sponge)
- ☐ Paper towels
- ☐ Liquid or powdered laundry detergent
- ☐ Laundry basket
- ☐ Corkboard and/or dry-erase board
- ☐ Calendar
- ☐ Reusable water bottle

Recommended:

- ☐ Chore sheet
- ☐ Dinner tray or lap desk
- ☐ Bed shelf
- ☐ Robe
- ☐ Push-pins or 3M strips, depending on the building—ask Housing which one you should bring!
- ☐ Poo-pourri
- ☐ Something to store leftovers in, like Tupperware or Gladware
- ☐ Gaming/entertainment system
- ☐ Competitive board games (strategy games are best!)
- ☐ Wildcat swag/décor
- ☐ Art supplies, instruments, or other stress-relief hobby items

Optional:

- ☐ Single-serve coffeemakers, but nothing with a warmer
- ☐ 4-inch skillet
- ☐ Bicycle/skateboard/scooter
- ☐ Décor lights and/or ceiling projector—make your room your own!



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Finding success through LLCs

By Tai Jackson
Staff Reporter

There are various on-campus opportunities that students can take advantage of that will help them become successful first year students. One of these opportunities is Living-Learning Communities (LLCs). LLCs help students connect their academic

interests and goals while living in their residence hall. LLCs are dorms that undergraduate students can live in and enjoy participating in programs designed to help them academically and/or provide extracurricular activity. There are two types of LLCs: academic and theme. Academic LLCs group students together based on their attended major

or their common academic interest. Theme LLCs are based on a common interest, such as Casa Latina or LLCs dedicated to leadership. The goal of LLCs is to increase student success and enhance preparedness for future careers through formal and informal activities and connection with faculty, according to the CWU webpage.

Students living in an LLC tend to have better academic performance, enhanced personal development skills, increased intercultural experiences and a greater exposure to positive social environments. Trevaughn Scott, a senior majoring in integrated energy management, explained how living in a LLC his freshman year benefited him.

“I liked living in Meisner and being a part of the Students for the Dream LLC. I met new people that ended up being future roommates, was able to build relationships with professors and other faculty members, like Dr. Champagne and Dr. Cummings, and during my sophomore year I came back as a mentor for the same LLC,” Scott said.



**Living/Learning Communities:
(as described by CWU Website)**

Asian Pacific Islander American House (APIA) in Kamola Hall

The Asian Pacific Islander American House is for those interested in Asian Pacific American history, culture, and contemporary issues. Through activities like student-led lectures, group discussions, cultural events and community service, residents become part of a unique environment for interaction and learning. APIA House supports a close-knit community and is comparable to a home away from home.

Leadership House in Kamola Hall

The Center for Leadership and Community Engagement provides students with the opportunities to further their leadership skills and positively impact their campus, local and global communities. Students involved in this program participate in monthly leadership workshops and have the opportunity to participate in the Emerging Leaders class, leadership retreats, and the Cross-Cultural Leadership Program. Participation in the Leadership House can be recorded on a student’s Leadership Transcript.

Education in Kamola and Sue Lombard Halls

Students anticipating a career in education or in a field working with children are eligible. Students will be enrolled in a common University 101 class which will help them transition into the education program. Education LLC residents participate in teacher-led discussions, teacher education preparation sessions and volunteer in local schools.

Science Talent Expansion Program in Kamola and Sue Lombard Halls

Students must be accepted into the Science Talent Expansion Program (STEP). Students in this LLC explore theme-based scientific issues, gain hands-on experience in modern scientific research, and develop a mentoring relationship with CWU Science faculty by taking a sequence of three general education classes. Programs have included hikes on Mount Rainier, river-rafting trips and visits to the Seattle Zoo.

Music in Alford-Montgomery and Wendell Hill Halls

Students declared in music, anticipated to major or minor in music, or have in an interest in music are eligible. Programs in past years have included visiting the Spokane Symphony, attending the musical Rent in Seattle, taking special lessons in Taiko (Japanese drumming), and participating in vocal performances on campus.

Aviation in Wendell Hill Hall

Students involved with this program must be accepted into the Aviation program. Students take a series of classes together including University 101. Some examples of the programs students have been involved with include visiting the Museum of Flight, FAA review study sessions and community service projects with children at the local airport.

Students for the Dream in Meisner Hall

Students for the Dream is a diverse and

inclusive community based on the core values of Dr. Martin Luther King Jr.’s philosophy of the essential dignity and advancement of all human beings. The Students for the Dream Living Learning Community is open to students from all cultural and ethnic backgrounds. Members of this LLC develop a sense of community as they plan and implement campus programs, such as the MLK Candlelight Vigil, Mardi Gras Celebration, and Bring Your Culture to the Table.

Casa Latina in Meisner Hall

Casa Latina is a multicultural LLC open to all students who share an interest in Latina/o heritage and culture. Casa Latina offers a common academic experience through a variety of social and cultural events, mentoring and support programs, and community outreach activities. Programs students have been involved with include trips to various Latino cultural events and activities involving Cinco De Mayo and Dia De Los Muertos.

William O. Douglas Honors College (DHC) in Barto Hall

Students admitted into the Douglas Honors College are eligible to live in this LLC. Faculty and students collaborate in creating opportunities of broad exposure in the areas of liberal arts and the natural and social sciences. Students engage in a number of different activities that enhance their work in the classroom, such as informal discussions with DHC professors and guest lectures.

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

“Roommate” or “Room-Monster?”

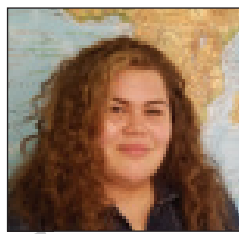
We asked: What’s the worst thing your roommate has ever done?

By Karaline Stamper
Staff Reporter



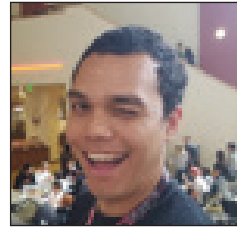
“My roommate’s rat escaped and he tasked me and my other roommate to find it for him. It pooped all over the apartment and we had to clean up the turds.”

-Connor Mildenberger, senior, English language arts teaching major



“My roommate does this thing where she leaves empty plastic bottles on the living room floor even though the recycling bin is in three feet away. It’s odd.”

-Simone Tuilaepa, sophomore, interdisciplinary studies major



“Once my roommate ate my food out my hidden and sealed container of island snacks, but he was allergic to one of the ingredients and was sick the next day. He paid me back for everything.”

-Niko Eria, freshman, music education and Spanish double major



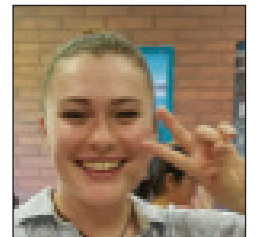
Room Transfer Day

When: Third Thursday of every quarter

Where: cwu.edu/housing

How: Submit request online.

Room transfers subject upon space availability.



“One of my roommates came in one night around 2 a.m. and she hugged me, told me she could be a better girlfriend to me than my boyfriend, and then drunkenly kissed me. It was real pure.”

-Emma Pope, junior, BA general theater studies major

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ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

10 things to know as a college student

By Bryce Jungquist
Staff Reporter

1

Don't be afraid of failure.

I see this with peers all the time. They're scared of the feedback they might receive from a homework assignment. I have failed several different projects and used it as fuel to do better next time. Don't be afraid of getting a bad grade as long you try.



5

Stress happens

Not everyone can handle eight homework assignments due in three days. Every student will feel like they are being tested at some point in college and that's normal. Just make sure you're figuring ways to combat against it that are positive. An outlet that works for me is exercise.

9

Get a part-time job

I didn't get a part-time job until my senior year in college. Why was this a bad idea? A little bit of extra cash helps with buying quarters for laundry, going out with friends, saving, and paying for things like textbooks. It also gives you a sense of independence, work experience and urges you to be social, at least at work.

3

Make friends in class

We all must take different courses for our degrees. There will be many opportunities to make new friends. Involving yourself into a new circle of peers will allow each of you some possible ways to receive help and vent.

7

Sleep is necessary

Our bodies need rest even if some of us are night-owls. There have been plenty of days where I ended up zoning out in classes because I had only slept one hour the previous night. It's not a good idea to stay up too late.

2

Have fun

College students may sacrifice a social life in hopes of getting ahead on homework, but doing both is a better option. A balance of work and fun helps us keep sane under the stresses of college life.

6

Try new things

Getting out of one's comfort zone is very beneficial. Attending new events and socializing with others is a great way to meet people and be informed about what's going on at CWU. We come to college to gain knowledge and this is a great way to do just that.

4

Drink safe

If you do drink, make sure to do it responsibly. Keep a tally on how many drinks you've had and what your limit is. Drink water and eat food! And don't get drunk before a test; the hangover doesn't make math any easier.

8

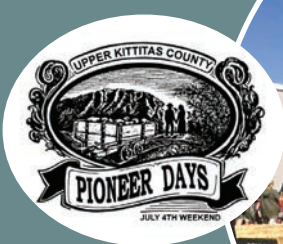
Ask questions

Feel free to ask teachers, peers and advisors questions that enter your mind. People will be less friendly when questions regarding a final exam are asked the day before it takes place.

10

This won't last forever

Whether you love or hate college, this experience only lasts until graduation. The thing that matters from there on out is what you make it and the best part is a degree to show for our hard work.



UPPER KITTITAS COUNTY PIONEER DAYS

June 30, 2018 • Cle Elum, WA

Pioneer Days includes a Grand Parade, Pioneer Village, Fireworks Show, and appreciation of the Upper Kittitas County's heritage and culture. Visit www.ukcpioneerdays.com for the full schedule of events and activities.

10am Grand Parade | 9am-4pm Pioneer Village | 9:45pm Fireworks Show



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10am Carshow | 2pm Parade | Burnouts after the parade
Live Music | Swap Meet | Kid's Activities | Poker Walk

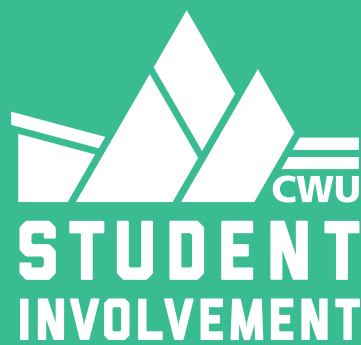
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UNIVERSITY RECREATION

WWW.CWU.EDU/REC

University Recreation creates opportunities and offers inclusive ways to accommodate all levels of health within the CWU community. Participation in our services and programs positively influence our Wildcats' attitudes towards maintaining lifelong health and wellness through fitness, sports, and adventure, which in turn contributes to their academic excellence. Our student employees gain leadership and transferrable skills to aid in post-graduation employment.

ASCWU STUDENT GOVERNMENT

WWW.CWU.EDU/ASCWU

The Student Government of the Associated Students of Central Washington University provide an active, representative voice for all Wildcats. Focus areas include shared university governance, student fees and university committees, equity and community affairs, clubs and organizations, academic affairs, student life and facilities, and legislative affairs.

CENTER FOR LEADERSHIP & COMMUNITY ENGAGEMENT

WWW.CWU.EDU/LEADERSHIP-ENGAGE

CLCE provides leadership development and volunteer opportunities to CWU students. We host unique programs, events and year-round opportunities to get involved on campus and in the community. These extra-curricular experiences are documented through a Leadership Transcript, which captures the student's holistic CWU experience.

DIVERSITY & EQUITY CENTER

WWW.CWU.EDU/DIVERSITY

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ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Brewing program continues to expand

By Miles King
News Editor

Posted on the wall of the Craft Brewing lab at CWU is the brewing process. To most students, the process can be somewhat confusing, but according to student Robert Renneberg, “if you can make Kraft mac and cheese, you can make beer.”

When the Craft Brewing certificate became available at CWU in 2009, there were 16 to 22 students enrolled. Fast forward to the present, and the program now has 40 students pursuing a Bachelors of Science in Craft Brewing or a one-year certificate study, according to Dr. Steve Wagner, director of the craft brewing program.

The full four year degree option has only been available since 2015. A few students have graduated from the program in just two years; although, they had earned another degree prior,

said Wagner. The program was developed with the help of Wagner, who is well educated throughout many fields. He has degrees in biology and chemistry from CWU, as well as a PhD in genetics from Oregon State University. This, along with a sabbatical to the technical uni-

versity of Munich, one of the oldest brewing schools in the world, gave him all the background he needed to develop the curriculum for the program.

Wagner said he also researched other brewing programs across the country for reference. For example, the University of California-Davis’ fermentation science degree, as well as Oregon State University’s food science program. Lastly he consulted surveys of the industry, to nail down what employers want.

Robert Renneberg, a 27-year-old certificate student in the program, has just started his year-long study this quarter. Before attending CWU, he attended community college in Spokane. He currently lives in the Seattle area and car-pools with another student to class. Renneberg was drawn to the program at CWU because he wants to own and operate his own brewery in the future.

I think the program will be very important for Central in the future.

-Mike McCarthy, senior craft brewing

Renneberg has already started brewing at home using an extraction system in a single six-gallon pot. He has also worked with brewer in Renton who used 100+ gallon tanks.

“It’s a lot of hurry up and wait,” Renneberg said, referring to the brewing process. He also



James Stuck/The Observer

Connor Anderson tests the temperature of the mash. Mashing is the combination of multiple grains and water with heat.

expressed that the program has been “so far, so good,” and his fellow classmates have been very welcoming.

Mike McCarthy, a 23 year-old craft brewing student pursuing the four year bachelor’s degree, started the program in the spring of 2016. Before attending CWU, McCarthy went to the University of Washington but eventually dropped out. He developed an interest in craft brewing, working with hops for the last four years. McCarthy was drawn to the program because it is one of the only craft brewing pro-

grams in the country.

Looking towards graduation in the spring, McCarthy said he has not disliked anything about the program. He added that the business management courses as well as the chemistry courses have been extremely useful.

“I think this program will be very important for Central in the future,” McCarthy said.

Currently, the brew lab is located roughly a mile north of campus in a warehouse building. Renneberg likes the location being out of the way.

“It allows us to maintain a brewing atmosphere,” Renneberg added.

In the future Renneberg hopes the funding for the program increases as the program continues to grow. Currently, the funding is enough for a smaller class, Renneberg said. Wagner would like to see professional courses added at the new CWU Sammamish campus, as well as an additional postgraduate or master’s program for craft brewing. Wagner also expressed the desire for a lab set-up working with the industry.

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The mission of the Mechanical Engineering Technology Program is to provide a Bachelor of Science degree to students seeking an education leading to a career as an engineering technologist in the mechanical or manufacturing fields.

The Electronics Engineering Technology Program strives to ensure that graduates have the competence, skill, and expertise to develop practical designs and modifications for the implementation, operation, and production of complex systems to meet the ongoing needs of private and public industries.

The Industrial Engineering Technology (IET) major prepares the graduate for leadership positions in industry and technical distribution. The program applies algebra, trigonometry and the physical sciences to industrial systems.

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ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Know your cannabis on CWU's campus

Although weed is legal in Washington, it's not allowed on campus

"Cannabis" from page 1

Off campus, however, state laws apply. According to the Washington State Liquor and Cannabis Board, adults 21 and over can purchase up to one ounce of marijuana, 16 ounces of marijuana-infused edibles in solid form, 72 ounces in liquid form, and seven grams of marijuana concentrates."

Buying and selling are also restricted. Marijuana products can only be sold or purchased at licensed retail stores, and a valid photo ID is required for all purchases. The age limit is set at 21 because there can be negative effects from using cannabis products, especially when smoked, vaped or ingested while underage.

According to a report written by Dr. Beatriz H. Carlini, a senior research scientist at the University of Washington, the human brain is not fully



Photo Illustration by Jack Lambert

Marijuana can be purchased by those over 21 years old in Washington state. It is not allowed on CWU's campus or in dorms.

developed until the mid-twenties and research has shown that regular use of marijuana during teen years may result in permanent difficulties with memory, learning, planning and problem-solving.

"There is no clear threshold for safe use," the report continued.

Long-term use of marijuana can affect respiratory health. The Liquor and Cannabis Board warns, "marijuana smoke contains a similar range of harmful chemicals as tobacco smoke... smoking [appears] to increase cough, sputum production, air-

way inflammation, and wheeze."

Marijuana, or specifically THC, is addictive. To avoid dependency, it's best not to smoke, vape or ingest marijuana on a daily basis.

But cannabis has plenty of practical uses, too, especially when used medicinally.

In 2017, the World Health Organization (WHO) studied the effects of cannabidiol, or CBD.

Kathleen Doheny at WebMD reported on the organization's findings.

"The experts say that CBD might be able to treat epilep-

sy (where most research has focused), although results are mixed. Other conditions it might treat are Alzheimer's disease, Parkinson's, anxiety, depression, and other maladies. CBD may ease inflammation, provide antioxidants, and relieve pain."

THC, which is the psychoactive component of marijuana, can have similar effects.

"Many users report feeling less anxious and depressed when under the effect of marijuana," Carlini reported.

The opposite can also happen, though. "By the same to-

Evergreen Scene

ken, many users report episodes of anxiety and paranoia when high on marijuana."

The Wellness Center on campus has resources for students who want to know more about marijuana. They even offer a personalized, two-hour online class that they say is "non-judgmental [and] confidential."

Doug Fulp, Assistant Director of Wellness at CWU, advises using caution if you're going to use marijuana.

"My recommendation is go slow. You gotta figure out how it's going to affect you as an individual, because all these things affect people differently. Whether that's alcohol or marijuana, people just need to go slow and understand what their own body's reaction is to it," Fulp said.

Fulp also said when it comes to marijuana use, the best thing students can do is research.

"Understand what impact it should be having so you can identify what are adverse effects. And when choosing to use, make sure that you're using in a safe environment [with] people that you know," Fulp said.

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Freshman fifteen? No such thing.

How to eat healthy with a meal plan, and navigating dietary restrictions in Ellensburg

By Karaline Stamper
Staff Reporter

Being on your own for the first time is all kinds of exciting, but many new college students struggle with eating well when they have complete dietary freedom.

It's easy to fall into college student clichés, like having top ramen and pizza for every meal, but it's definitely not the best route to take if you're trying to be healthy.

Living on campus typically means eating on campus, too. Luckily, Dining Services hosts a wide variety of food choices from burgers and burritos to waffles and salads.

With so many different foods available, it can be difficult to choose the healthier options. The unhealthy options are more visible and usually less expensive. Plus, when there's no one telling you what or how much to eat, it's easy to go overboard.

New students will face a number of challenges to their diets when it comes to school food, but it's not impossible to eat well or keep a special diet.

Eating Well

One of the biggest problems new college students face is not knowing how to maintain a healthy diet. Many students also don't know where to find the healthier choices on campus.

Emily Shaw, the Registered Dietitian Nutritionist on campus, offered some solutions to these problems.

"One of the very easy things to do is to look at your plate and half of it should be fruits and vegetables, a quarter of it should be grains and a quarter should be some sort of a protein," Shaw said.

Shaw also encouraged eating fruit for snacks and adding some kind of vegetable to every meal to make sure students get enough of them in their diet.

"I always encourage students to get to know what all of their choices are. [Holmes Dining Room] exists behind the Marketplace, which is usually where you can get some healthier options," Shaw said.

Holmes serves different meal options every day of the week. It also has a salad bar, omelet and scramble bar, and a place to order custom stir-fry. All of these are healthy alternatives to what is served in the Marketplace.

"[Students] get stuck in the Marketplace and they get stuck to ordering what's on the menu, so you gotta be creative," Shaw said.

Shaw suggested mixing and matching foods from different stations in the Marketplace, such as a salad from Totally Tossed with

a chicken breast from the broiler. "Ask questions. Ask for alterations."

And if you're worried about the infamous freshman fifteen, Shaw said not to worry about that.

The freshman fifteen is a myth, according to Shaw. On average, college students gain two to six pounds their freshman year and it has very little to do with the food and everything to do with age and naturally changing body composition.

Special Diets

Some students need to find foods that match special dietary needs, such as vegetarian, vegan and gluten-free fare, and might not know where to look.

Holmes Dining Room has a station dedicated to vegetarian, vegan and gluten-free options called the Green Table. It serves only planted-based foods, like baked sweet potatoes, black bean patties, and quinoa.

The grill attached to the Green Table is strictly gluten free—even the soy sauce—but chicken is often grilled on it, meaning it might not be the best option for vegetarians and vegans.

Connor Mildenerberger, a senior at CWU and an English language arts teaching major, has been a vegetarian for almost two years.

"Some people might prefer the Green Table, but I think the best places [to get vegetarian food] are the conventionals, like at [El Gato] and [Wrap and Roll], just without meat. The food is better made than their 'for vegetarians' food. The flavor is actually there," Mildenerberger said.

Michelle Flores, a senior in the education program with a minor in French, became a vegan about a year and a half ago. She was interested in veganism when she first got to CWU, but didn't feel that transitioning was feasible while living on campus.

"I waited until I moved off campus [to transition]," Flores said. "I was just like, if I have the power to do this, then I don't want to eat animal products anymore."

Flores cooks all her own meals now that she lives off campus, which makes it easier to stick to a vegan diet. Living on campus, though, is more difficult.

"It's not impossible to be vegan on campus, it's just if you want meals that have flavor, it's kind of hard. Transitioning to vegan while I was living on campus wouldn't have been good. Had I been vegan, it would have been okay," Flores said.

The vegetarian options off campus are usually more expensive than the meat options, ac-



Eric Rosane/The Observer

The C-Store sells snacks from prepackaged chips to fresh fruit. They also offer a range of daily made sandwiches and salads.

cording to Mildenerberger. Most restaurants cater to meat eaters, but some grocery stores have vegetarian and vegan options.

"Fred Meyer is pretty great. They have their natural section," Mildenerberger said.

Flores recommended the farmer's market as well as Better Life Foods for whole foods and gluten-free products.

"If you're eating whole foods, it's pretty cheap. Being vegan isn't expensive," Flores said.

There's good news for vegetarians and vegans, though. In September, the Food Forward Program is coming to CWU. Food Forward is a program that goes to places like schools and hospitals to train the cooking staff in how to make a wider variety of plant-based meals.

By the time the 2018-2019 school year starts, the Green Table might not be the only on-campus option for vegetarian and vegan food.

"If there are vegans and vegetarians coming to Central, it's not as hard as you think," Flores said. "You gotta get creative. As long as you're polite, people will accommodate you."

Warning Signs

Unhealthy eating habits aren't just limited to late-night ramen and fries. Dieting obsessively, bingeing and purging are all symptoms of the most deadly mental illness: eating disorders.

The National Eating Disorder Association (NEDA) says college students between ages 18 and 21 are highly likely to develop eating disorders due to the stress of school and being away from home.

Recognizing the signs of an eating disorder could save someone's life, including your own.

"If it gets to the point where food is consuming you, [and] it's all you think about, and it's



Eric Rosane/The Observer

Food can be made-to-order at any station in the Marketplace to accommodate dietary restrictions, food allergies, or food preferences.

starting to affect things like academics [and] your social life, I would say that would be a point where you could reach out to someone," Shaw said.

Drastic changes in attitude and behavior are things to look out for, if you think someone you know might be dealing with or developing an eating disorder.

Shaw says some other red flags are excessive exercising and saying negative things about themselves, specifically about their appearance and weight.

The best thing to do as a friend is to offer nonjudgmental support.

"Just [say], 'I've noticed some changes, is everything okay? How can I help?'" Shaw said.

"It's a really hard, sticky situation to approach in the correct way to offer support. Someone who doesn't want support could definitely take it the wrong way. I would say maybe reach out for help. The Wellness Center is a good resource."

Helpline numbers

- Eating Recovery Center of Washington: (425) 998-6927
- Emily Program: (888) 364-5977
- NEDA: (800) 931-2237
- Student Medical and Counseling Clinic: (509) 963-1881
- Wellness Center: (509) 963-3213

ORIENTATION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Intramural and club sports at CWU

By Tai Jackson
Staff Reporter

Intramural sports

CWU Intramural Sports allows students the opportunity to participate in organized team activities and tournaments around campus. They give students the chance to make new friends and to stay healthy and active while building team player skills.

Aundria Preece, senior family and child life major, has played an intramural sport every year except her junior year. She is actively a part of either a basketball or soccer team.

“Since I’ve been at Central, my favorite thing about playing is the competition and the new people I meet. My team members become friends and I meet new people with every game I play,” Preece said.

Alijah Mitchell, a freshman majoring in exercise science, has played intramural basketball.

“It’s important people play sports because it’s a great way to relieve stress, have fun, and make new friends while exercising,” Mitchell said.

Intramural sports

Fall sports:

- Bowling
- 5v5 Basketball
- Badminton
- 6V6 Volleyball
- Indoor soccer
- Ping-pong
- Two video game leagues

Winter sports:

- 5v5 Basketball
- 6v6 Dodgeball
- 6v6 Volleyball
- 5v5 Indoor Soccer

Spring sports:

- 10v10 Softball
- 7v7 Flag Football
- 5v5 Basketball
- 6v6 Volleyball
- 7v7 Outdoor Soccer

Club sports

- Archery
- Bowling
- Climbing
- Cycling
- Dance
- Equestrian
- Fencing
- Flag football
- Golf
- Ice Hockey
- Karate
- Lacrosse (Men’s and women’s)
- Rodeo
- Rugby (Men’s and women’s)
- Soccer (Men’s and women’s)
- Swimming
- Tennis
- Ultimate Frisbee
- Wakeboarding
- Water Polo (Men’s and women’s)
- Wrestling

Sport clubs

CWU also provides sport clubs, which let students participate in competitive sporting activities either individually or in a team setting. Sport clubs are formed, developed, governed, and administered by their own student membership.

ZeAyre Trimmings, sophomore majoring in law and justice, enjoys spending his time playing flag football.

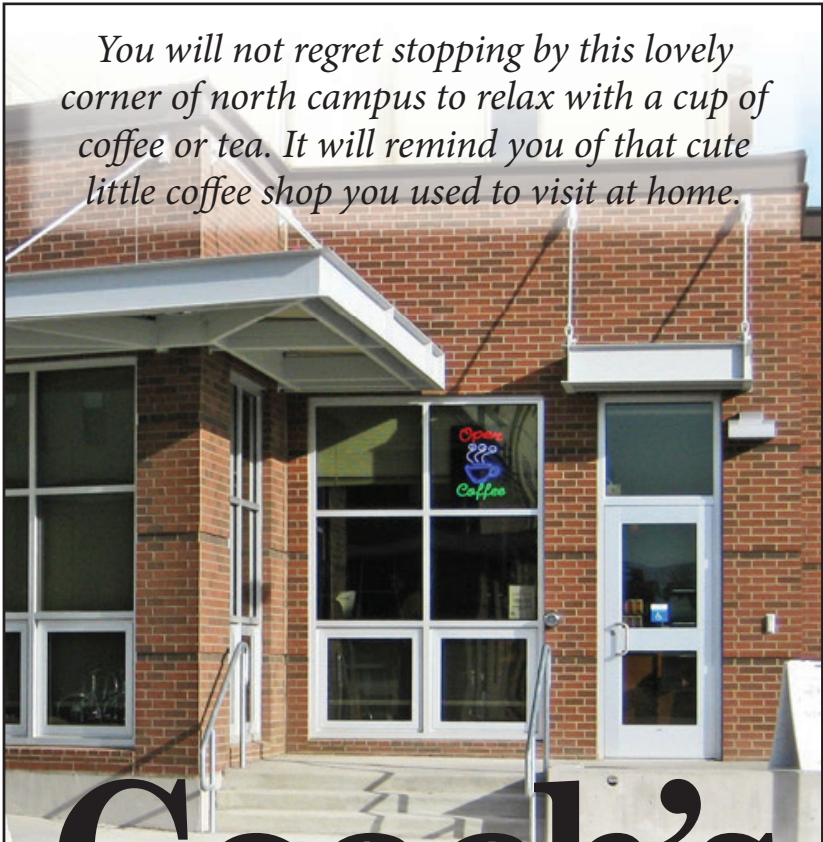
“Playing club or intramural sports is a way to communicate and network here at Central. It’s a good way for us non-collegiate athletes to have fun, yet stay competitive. I love that I can build friendship, share laughs, and form lifetime bonds with others,” Trimmings said.

Students can create an intramural team or sign up for a team at www.imleagues.com/cwu at the beginning of each quarter.

If students want more information about the sport clubs available on campus, contact Corey Sinclair at sinclairc@cwu.edu.

Image courtesy of Pixabay

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SPORTS

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

CWU athletics welcomes expansion

The Wildcat Commons Project includes installment of a new track and field, renovations to Tomlinson

By Hanson Lee
Sports Editor

Phase one of the Wildcat Commons Project is currently underway. This project involves numerous renovations to CWU's Tomlinson Stadium, as well as a recreation expansion which will involve the installment of a brand new NCAA track and field venue.

Renovations for Tomlinson Stadium will include a brand new synthetic turf football field, LED stadium lighting, an alumni plaza, renovated restrooms, a brand new three-window ticket booth area, upgrades to the north ticket booth, a renovated gateway entrance, a south wildcat plaza which will serve as CWU Football's entrance for home games, and upgraded fencing.

The recreation expansion will take place on a separate field across the street from Tomlinson Stadium near the southeast corner of Wildcat Way and 18th and will include the construction of a brand new NCAA regulated track and field venue.

The brand new track and field venue will include a non-synthetic turf area for javelin and other throwing events. The expansion will also feature a synthetic turf infield that will be open to club sports, intramurals and recreational activities in addition to the track and field team at CWU.

Scott Carlson, project manager for phase one of the Wildcat Commons Project, said that if the timeline goes as planned, construction could begin after commencement on June 11.

Even though the Tomlinson Stadium renovations and the recreation expansion involve changes to two separate venues, these projects are tied together in terms of construction, but not funding. Carlson said that phase one of the Wildcat Commons Project will be managed under one general contractor.

CWU's Athletic Director Dennis Francois expects phase one to not only have a positive impact on the athletic program, but to have a positive impact on the university as a whole. Francois said that the renovations being made to Tomlinson Stadium as well as the recreation expansion will open up the opportunity for CWU to host more sporting events and expose the university to a whole new

“It's a game-changer for our student athletes and their experience here at Central.”

—Dennis Francois, athletic director

market of people.

“It's a win-win all the way around,” Francois said.

Francois added that the recreation expansion, involving the construction of the brand new track and field venue away from Tomlinson Stadium, has to do with needing to make the football field regulation size for both the soccer and rugby programs at CWU.

The recreation expansion is being funded separately from the Tomlinson Stadium renovations. With a \$6 million budget, two-thirds is being funded by CWU's SURC Reserves and the other third is being funded by CWU's Auxiliary Services. Auxiliary Services includes self-supported units on campus such as housing, dining and the Wildcat Shop.

The Tomlinson Stadium portion of the renovations, which is being funded separately from the recreation expansion, is all being fundraised through private donors and boosters by the University Foundation. The Tomlinson Stadium renovations have a budget of \$4.4 million.

Francois said that he anticipates the athletic department to assist in any remaining costs of the Tomlinson Stadium project after the funding has been completed.

With the renovations to Tomlinson Stadium scheduled for completion on September 14, CWU Football will look to have some of the first action on their brand new turf field when they host Humboldt State the following day in their second home game on Sept 15.

Football head coach Ian Shoemaker expressed his excitement about the upcoming season and what the new stadium

“The biggest effect that it's going to have is on the crowd and the environment.”

—Ian Shoemaker, football head coach

renovations will bring to the football program at CWU.

“Being able to have night games... guys can get out and do their hunting, hiking, biking, whatever they're doing and still come to a ball game.”

The addition of LED lights as part of the renovations to Tomlinson Stadium should have a positive impact on the dynamic of gameday for CWU Football, as it pertains to night games. Shoemaker reiterated that when it comes to hosting night games in Ellensburg, this aspect of the football season won't just benefit the football program, but it will benefit the student body at CWU as well.

The installation of a brand new artificial turf field is also expected to provide a more durable surface, which should enhance the aspect of playability. Shoemaker said that this is going to be especially applicable in the offseason during the winter time.

With many of the big time college football programs across the country having switched over to turf, Shoemaker emphasized that the incorporation of a turf playing field is vital and should have an impact on future recruiting classes moving forward.

“On the west side of the state, where we recruit most of our kids, the expectation is to have turf,” Shoemaker said. “I think it will be a positive for us in the recruiting process.”






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Everest comes to Ellensburg

“Challenge” from page 1

A total of 20 prizes will be awarded, purchased by the Recreation Center from Black Diamond Equipment. Prizes include climbing related tools such as ropes, helmets and quickdraws, which are used to connect ropes for climbing protections.

Robertson hopes the prizes will keep people motivated to continue climbing, even if they are unable to win the entire event.

In previous years, the event either spanned a week or a single day and teams only consisted of two members. By expanding teams and time availability, the Recreation Center is trying to make the event more inclusive and accommodating to participant’s schedules, according to Robertson.

Dylan Holden, a second time participant and a senior accounting major, believes the changes have brought in more people to the event.

Holden and his team placed first in the event last year. Holden placed all of his tickets into the drawing and won a climbing rope.

Holden said his team reached the Everest mark last year, climbing about 30,000 feet. Holden has been climbing on-and-off since 2004 and expects his team to compete this year too.

“I’m really excited about the team we have,” Holden said.

First time participant Jaime Liljegren, a graduate student studying cultural and environmental resource management, said the event and other participants have been very welcoming. Liljegren first became interested in climbing about five years ago while attending Western Washington University.

“It’s a really great way to dive into the rock climbing world,” Liljegren said of the Vertical Challenge.

Another first year participant, freshman Nathan Chandler, recently got serious about climbing this year, but had some previous experience top rope climbing in New Mexico.

“[It’s] just a fantastic event,” Chandler said. Chandler has enjoyed his experience with the event and expressed he will “probably be doing more” climbing after the Vertical Challenge concludes.

Chandler hopes to accomplish more difficult climbs as the event continues. His goal is to climb a five-twelve difficulty climb. According to Chandler, the recreation center does have higher difficulty climbs, going as high as five-twelve and as low as five-seven. He noted the challenge milestones such as Manastash Ridge as motivation to continue climbing; the final milestone of course being Everest.

Chandler will be putting all of his earned tickets toward winning a climbing rope or a grigri, a braking belay device that provides resistance against a rope when repelling.

Holden, Liljegren and Robertson all spoke of a climbing community they felt a part of. Liljegren has noticed a strong motivation and really positive attitude among the participants.

“[They’re] really motivational, great people,” Liljegren said.

According to the competitors, the community has developed friendly competition.

“The competition aspect is community focused,” Robertson said. She noted that the competitors are always encouraging one another to push harder and go further.

“Seeing that they’re pushing themselves makes you want to push yourself harder,” Holden said.

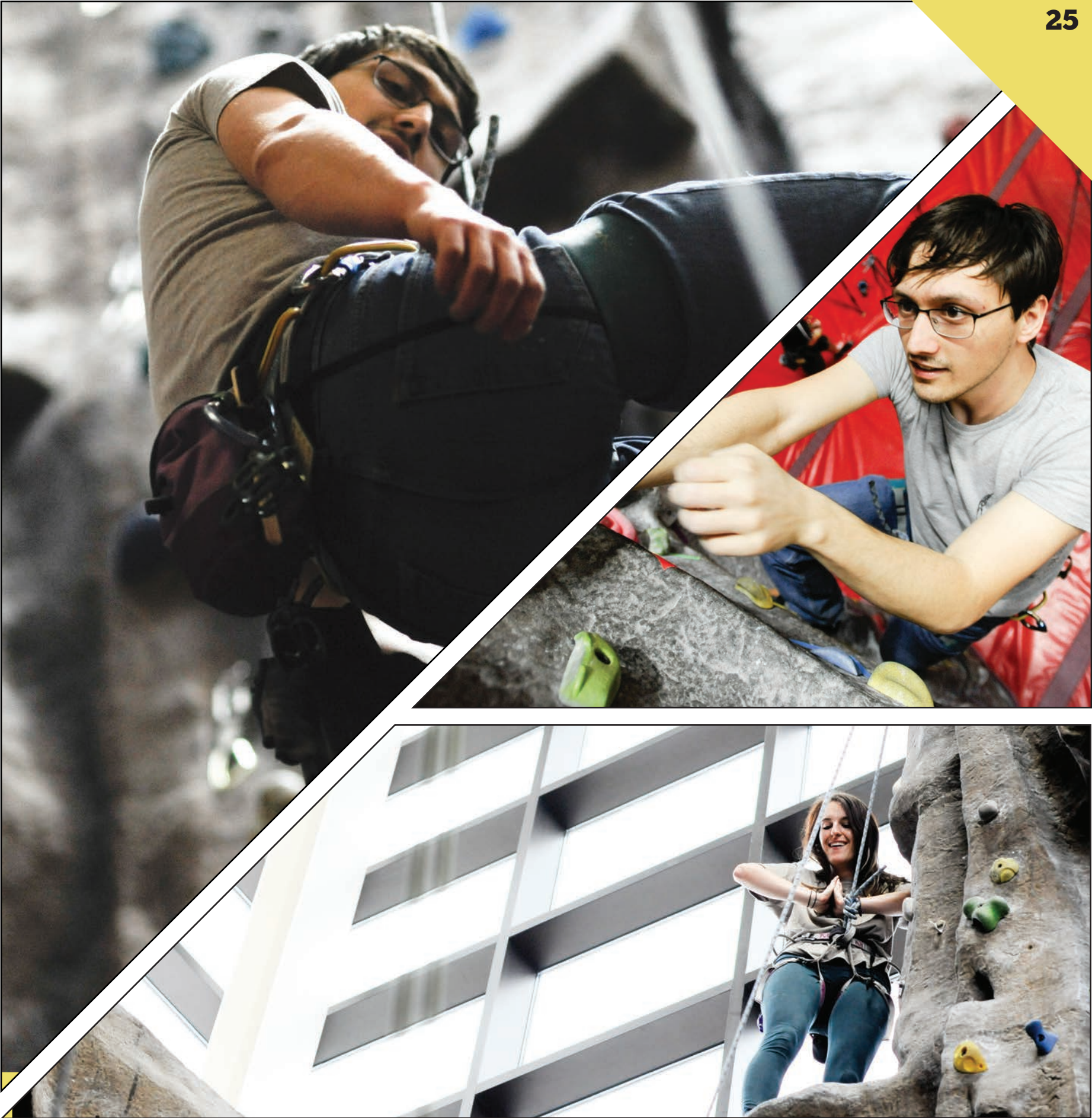
“The competition aspect is community focused”

-Melissa Robertson, Coordinator

Vertical Challenge

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Illustration by Leo Andraca



Martin Mattes & Tonya Morrey make their attempt at the challenge. Photos by Xander Fu

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SPORTS

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Floating the Yakima River in Ellensburg

By Gunnar Hinds
Staff Reporter

For people who are looking for a relaxing day in the outdoors, rafting on the river can be a great way to unwind. As the weather starts improving, Outdoor Pursuits and Rentals (OPR) is preparing for the busy spring and summer months of rafting on the Yakima River.

Kendra Turner and Tonya Morrey are both raft guides on the Yakima and work for OPR. They provided knowledge about the upcoming rafting season, and shared information on unique rafting locations on the Yakima River.

The river can be very dangerous in spots, so OPR recommends certain spots to get in and to get out. OPR has a map laid out of different sites they recommend. The map can be found online through OPR or you can go into their shop on campus.

“There are seven spots on the map, but we recommend to only go between one through five,” Turner said.

According to Morrey, a float through spots one through five takes between two to three hours.

Site one is called Ringer Loop, site two is called Bighorn, site three is called Beavertail, site four is called Seventeen Mile Flats, and site five is called Umtanum Recreation Center.

At the end of your journey, Umtanum Recreation Center has a bunch of BBQ pits and places to put your raft or inner tube on shore while you eat.

“It’s a really cool spot to relax after the trip,” Turner said. “Rafting the Yakima for the day can be very inexpensive for students here at the university.”

“Rafting the Yakima for the day can be very inexpensive for students here at the university.”

-Kendra Turner, Yakima rafting guide

Renting a raft from OPR costs around \$40 and inner tubes cost only around \$6. Rafts or inner tubes can be rented for a full day.

“If you are looking for a more bumpy ride, the small inner tubes can get a little crazy on the river,” Morrey said.

They added that all information regarding floats can be found at www.cwu.edu/OPR.



Courtesy of OPR

A group of CWU students set out to raft the Yakima River near Ellensburg, Washington. Rafts and rafting gear can be rented at CWU’s Outdoor Pursuits and Rentals.

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SPORTS

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Disc golf on the rise in Ellensburg

By Rachel Greve
Staff Reporter

There is a growing sport making its path through Ellensburg, that sport is disc golf. Disc golf is a sport where the goal is to get your frisbee (disc) into the basket in as few as shots as possible, just like regular golf. Over the past couple of years, many have probably walked around campus in the spring and seen baskets set up in various spots whether they are black, blue or red. Those are disc golf baskets.

The baskets around campus are being set up by the Recreation Center and is something that has happened and had a decent turnout each year.

“We had over 20 participants over the course of three and a half hours, which was great. It made for some lively competition and good fun for the group,” Intramural Coordinator Jordan Bishop said.

Although disc golf isn’t an intramural sport, Bishop said if students are interested in mak-

ing disc golf an intramural sport that they should advocate it to himself and the REC staff. 20 participants may not seem like many, but it is a start and seems to be gaining momentum as the years progress. “With the 20 participants we had in this event, it could justify us trying to start a league or at least running multiple tournaments next year,” Bishop said. A league would add another reason to have students try new things and help continue to grow the sport of disc golf in Ellensburg.

While there is a course set up from time to time on campus, there is also a nine-hole course set up on the side of the popular Irene Rinehart Riverfront Park,

also known as People’s Pond. According to dgcourser-view.com, the course in Ellensburg was established in 2016 and was designed by Jeremy Lange. The course is a mix of flat ground and slight woods, with water hazards on a few of the



Xander Fu/The Observer

Carey Lake, or People’s Pond, has its own disc golf course by the water. Many shops around Ellensburg sell discs for the sport.

holes since it sits up against the pond and the Yakima River. This course is open from spring to fall and is closed during the winter. For the school course, Bishop said it will be up this summer for casual play. There is also a smaller

course that is more difficult to navigate that sits on the Ellensburg High School campus. The baskets are placed all around campus and are a nine-hole course just like the Pond course. The courses are free to play on and have no warnings regarding trespassing.

Discs can be purchased at most stores, including Fred Meyer. Mountain High Sports in Ellensburg sells a small starter pack of discs if you are looking to get into the disc golf scene.

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SPORTS

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Outdoor activities at People’s Pond



Washington State Beauty / Facebook

People’s Pond provides many activities for the local community and is also a popular gathering spot for many CWU students.

By Gunnar Hinds
Staff Reporter

Carey Lake, also known as People’s Pond, is a popular hangout spot for Ellensburg locals. When the weather warms up, longboarding, inner tubing, barbecuing and beach volleyball are just a few of the activities the pond has to offer. The 20-acre swimming hole and historical site attracts families and college students because of its shallow water.

If you are a dog owner, it is a great spot to go and play fetch and to meet new friends.

Something that CWU students may not know is that Outdoor Pursuits and Rentals (OPR) has numerous people who can help you with information and equipment for a full day of entertainment at the pond.

Kayla Gallentine and Andrew McDonald, both shop attendants and trip guides for OPR, had a great amount of information on the college hot spot.

OPR has a unique rental shop full of different floating devices and equipment. Inner tubes, kayaks, rafts and also

stand-up paddle boards.

“The paddle boards are a blast,” Gallentine said.

OPR has other equipment available to rent for the day: Kayaks are around \$20, inner tubes are \$8, rafts are \$40 and stand-up paddleboards are \$30.

“There is an added cost for additional equipment needed for the inflatable rafts and inner tubes,” Gallentine said. There is equipment needed for the rafts and tubes such as air pumps and backup patches if the tube becomes flat.

“All information regarding rentals can be found online,” McDonald said.

The park has other opportunities as well if you aren’t in the swimming mood. It has built-in BBQ grills and courts for beach volleyball.

“We also rent sport balls for a pretty cheap price,” Gallentine said.

There is also a short, mile-long trail wrapping around the pond called Iron Horse Trail. It is great for walking and riding bicycles.

Iron Horse Trail will show you a couple small creeks and you will also get a beautiful view

of the Yakima River.

“Do not put our equipment into the river behind People’s Pond. It is very dangerous water and has a lot of snags that could damage the equipment,” McDonald said.

McDonald talked about how OPR will recommend good locations to put inner tubes or rafts into the river.

“The Yakima has some pretty scary spots and we actually lost a tube last year from a spot along that stretch,” McDonald said.

OPR day
rental prices

Kayaks: \$20

Innertubes: \$8

Rafts: \$40

Paddleboards: \$30

For more info:

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Xander Fu/The Observer

CWU students enjoying a BBQ in the grass on a sunny day at People’s Pond.

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OPINION

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Dealing with mental illness: You are not alone

By Mariah Valles
Online Editor

As someone who personally struggles with anxiety, I am here to share my experiences with the intention of inspiring at least one person to reach out and get the help they need. Mental illnesses are extremely common yet seldom talked about. Never did I think that I would be sharing my small story in a university newspaper, but here it goes:

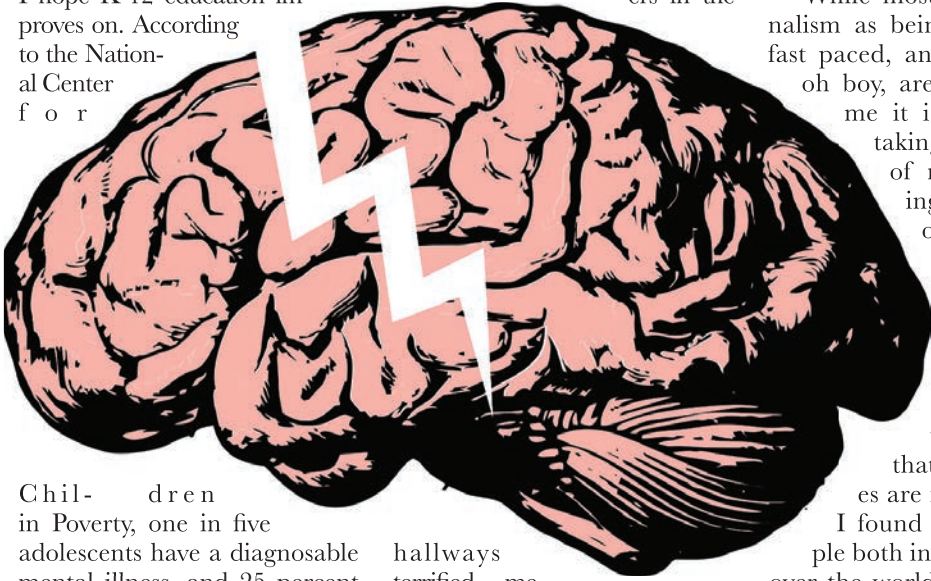
After the passing of my grandmother in 2009, I began to fall down a deep hole of unignorable sadness. At the time I was in elementary school and while this time in my life is blurry to me now, I remember a few instances in which my mom had arranged for school counselors to take me out of class in hopes of getting me to talk about my feelings.

I refused to talk about my feelings. I felt as though my feelings and emotions weren't valid; I didn't "want the attention." While at the time I was angry with my mom for thinking something was going on with me, she was right.

Looking back, I realize now that I took myself away from socialization. I ate lunch, played at recess, and insisted on doing group projects—alone. All I wanted to do was bottle my emotions inside of me. I just wanted to wake up and have it all go away. Because of the way I chose

to handle my emotions, my case of anxiety grew larger and larger.

What's unfortunate is that I thought this was a normal way of handling emotions. I didn't realize anything was wrong because I thought that everybody did what I was doing. This is an area that I hope K-12 education improves on. According to the National Center for



Children in Poverty, one in five adolescents have a diagnosable mental illness, and 25 percent of people with mood disorders find that they emerge before adulthood.

While I knew that my family loved and supported me, I still didn't know how to handle my emotions while physically at school. When I saw everybody else happy, I felt isolated in my bubble of sadness. I felt like an outcast. I continued to ignore my thoughts and feelings throughout

elementary school and chose to carry on. I'll make friends in middle school, right? A fresh start, right?

Because I took myself away from all social aspects of school, being around crowds and the sea of sixth, seventh and eighth graders in the

hallways terrified me. Presentations were a no-go. Changing in a locker room surrounded by girls I don't even know? Yeah, right. I remember always sitting in the back of whatever classroom I was in, hoping to God that the teacher wouldn't unexpectedly call out "Mariah, read the next paragraph out loud."

If I'm being honest, I don't remember the exact moment it clicked that I was dealing with

anxiety. But I do know that by the end of my second year in middle school, I was introduced to what I consider to be the coping mechanism of my anxiety: journalism. I joined my middle school's yearbook and newspaper and the rest is history.

While most think of journalism as being neverending, fast paced, and stressful (and oh boy, are they right), to me it is a gateway to taking my mind off of my anxiety. Being in journalism opened my mind to a whole new realm of people and ideas. New cultures, styles, and most importantly: the idea that mental illnesses are not uncommon.

I found that other people both in the field and all over the world are also struggling with mental illnesses. I was lucky enough to encounter an amazing adviser during high school who helped me become a strong and confident leader and young journalist.

Throughout my high school years, and as I became more involved in school, I noticed my anxiety lessened. While I still have days that my anxiety reminds me it's still there, I have

learned how to calm myself down. My advice to anybody struggling: First, do not do it alone. Once I reached out and expressed my feelings to those around me, my life began to turn around. Second, you are not alone. I know it may feel like you are alone, but believe me, you are not. About one-third of college students suffer from depression, and nearly half of all college students suffer from anxiety, according to the 2013 National College Health Assessment. Third, get help. There is nothing wrong with getting help and I wish the stigma around getting help would vanish. If you are in need of counseling services, the Student and Medical Clinic on campus is a good place to start.

These people
can help

Suicide Prevention
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1-800-273-8255

The Trevor HelpLine:
1-866-488-7386

National Alliance on
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Central Washington University is one of the top teacher producing universities in the state of Washington. In 1891 CWU was founded specifically to prepare teachers. Mr. Benjamin Barge was the first principal of the school. Classes were held at Washington Public School until the normal school's first building, Barge Hall, opened in 1893. Preparing teachers in integral to the DNA of CWU!

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ENGAGE

EDITOR: ALEXA MURDOCK | editor@cwuobserver.com

Embrace who you are

Editorial

I am non-binary.



Luca Cruz

My coming out wasn't something I prepared for, honestly. It wasn't some profound and dramatic scene. I'm not even sure if you could consider it a "coming out."

All my life I never really paid any attention to gender, much less my own. I

never understood why there were things like "boy toys" and "girl toys" or "girl clothes" and "boy clothes."

I remember being upset when I was younger because I wasn't allowed to join Boy Scouts. The only reason why was because I wasn't born a boy.

It wasn't until my freshman year of high school that I realized people were expecting me to conform to the role of a "typical" girl. Not wanting to cause trouble, I played along and I even enjoyed it!

It felt almost like I was playing pretend. But, secretly deep down, I still wondered behind closed doors who I really was..

When I got to college this last fall, I realized that I didn't have to please anybody and

that I am independent.

I always wanted short hair and a flat chest and never really cared for my hips. So, I cut my hair in October, donated my dresses and bought a binder.

My mother found out one day and called me immediately. On the phone I said, "Yeah, I cut my hair and got rid of all my girly clothes. I was gonna tell you sooner but got distracted with school."



My mom asked me if I wanted to be a boy. I told her no. I don't feel like a boy or a girl, but instead somewhere in between.



-Luca Cruz, Sophomore

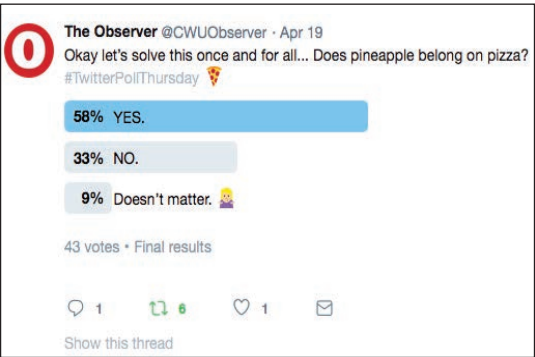
My mom asked me if I wanted to be a boy. I told her no. I don't feel like a boy or a girl, but instead somewhere in between.

I wear makeup still but like to flatten my chest and wear more masculine clothes. At first, my mother didn't understand and immediately

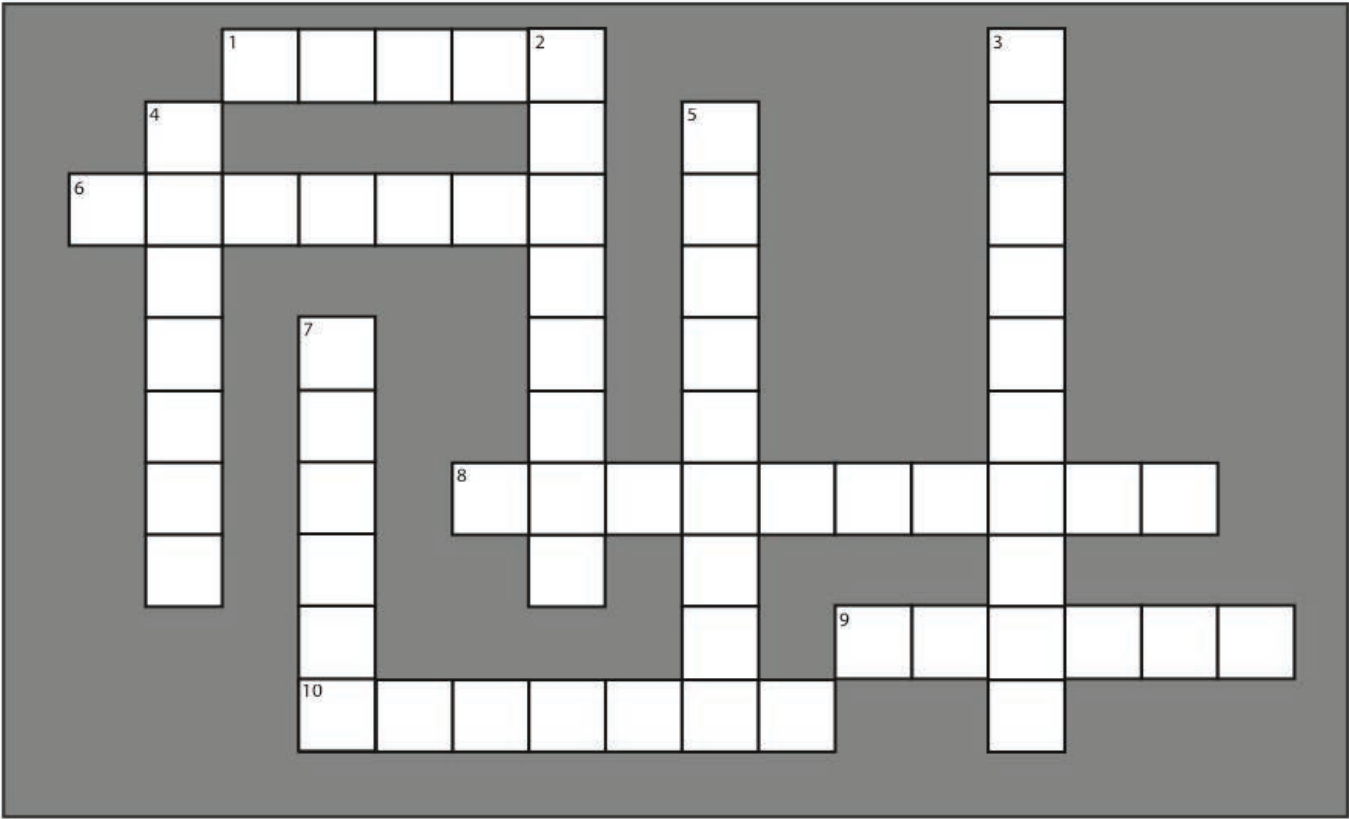
tried to play it off as a rebellious phase because I was in college. It wasn't until I started taking testosterone that my mother warmed up to the idea that this is who her child is.

She's getting better and better everyday with addressing me as my new name and pronouns and I'm thankful that it didn't go negatively.

Twitter Poll Thursday



Central Themed Crossword



Clues

Across

- 1. First-year dorm opened in 2012
- 6. Coffee shop in CWU library
- 8. Name of CWU mascot
- 9. "___" Library
- 10. Word for pupil

Down

- 2. CWU's student-run newspaper
- 3. Official CWU ID card
- 4. CWU mascot
- 5. "___" Pavilion
- 7. Body of water that runs through campus informally named after a river in India

Tweets From The Streets

Thoughts from our Wildcats





LIVE ...

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ENJOY CONVENIENCE, VALUE, AND ACADEMIC FOCUS.

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FRIDAY, SEPTEMBER 14

First-Year Students Move-in

SUNDAY, SEPTEMBER 16

Transfer and Returning Students Move-in



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